



Cornbread, Sausage, and Pecan Dressing

READY IN



45 min.

SERVINGS



12

CALORIES



418 kcal

Ingredients

- ☐ 2 large rib celery stalks chopped
- ☐ 0.3 cup chicken broth dry
- ☐ 1.5 cups chicken broth
- ☐ 12 servings cornbread crumbled
- ☐ 0.5 teaspoon thyme dried
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 teaspoon nutmeg
- ☐ 16 ounce sausage meat
- ☐ 0.3 cup milk
- ☐ 1 large onion chopped

- ☐ 1.5 cups pecans coarsely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

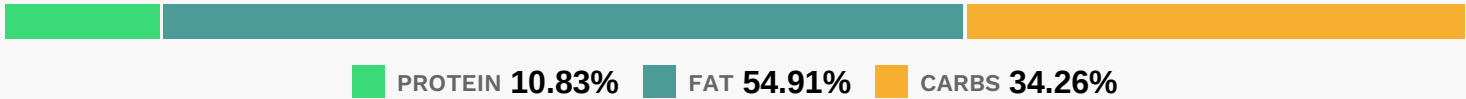
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Cook sausage in a large skillet over medium heat, stirring until it crumbles and is no longer pink.
- ☐ Remove sausage, reserving 1 tablespoon drippings in skillet.
- ☐ Drain sausage on paper towels.
- ☐ Saut onion and celery in hot drippings over medium-high heat until tender.
- ☐ Remove vegetables with a slotted spoon.
- ☐ Combine sausage, vegetables, cornbread, and remaining ingredients in a large bowl, stirring gently until moistened. Spoon into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake, covered, at 350 for 30 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:22.42, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:12.326087029084%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 418.08kcal (20.9%), Fat: 25.86g (39.79%), Saturated Fat: 6.52g (40.77%), Carbohydrates: 36.31g (12.1%), Net Carbohydrates: 33.33g (12.12%), Sugar: 11.09g (12.32%), Cholesterol: 62.71mg (20.9%), Sodium: 827.15mg (35.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.48g (22.96%), Manganese: 0.79mg (39.63%), Phosphorus: 334.5mg (33.45%), Vitamin K: 24.24µg (23.09%), Vitamin B1: 0.33mg (21.68%), Vitamin B3: 3.25mg (16.26%), Zinc: 1.92mg (12.82%), Copper: 0.25mg (12.28%), Fiber: 2.98g (11.92%), Vitamin B2: 0.2mg (11.82%), Iron: 2.06mg (11.44%), Vitamin B6: 0.22mg (10.75%), Calcium: 107.34mg (10.73%), Folate: 40.86µg (10.22%), Magnesium: 35.07mg (8.77%), Selenium: 6.04µg (8.63%), Vitamin B12: 0.49µg (8.23%), Potassium: 269.87mg (7.71%), Vitamin B5: 0.76mg (7.63%), Vitamin A: 252.65IU (5.05%), Vitamin E: 0.6mg (4%), Vitamin C: 3.09mg (3.74%), Vitamin D: 0.55µg (3.65%)